

Mabon House  
*Spring Cleaning Guide for Home & Spirit*  
Room Energy Refresh

Room:

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Date:

Day of the Week:

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Main Use:

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Secondary Use (if any):

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How does the room currently feel when you are in it?

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How do you want the room to feel?

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What action steps do you need to take to improve the energy in the room? This could include things like rearranging the furniture, painting the walls and/or ceiling, removing existing items, adding in new items (perhaps from other rooms in your home), adding in some of the four elements like plants, candles, a diffuser, etc...

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